

Panel of Experts

Tiny Habits for Back to School

Presented by Tiny Habits® Academy

Tiny Habits for Back to School Experts



Host and Moderator
Andrea Spyros



Judy Oskam



Jennifer Lee



Maria Hendershot



You will:

- **Learn the Tiny Habits Method**
- **Learn successful Tiny Habit recipes**
- **Feel more empowered**
- **Have access to more resources and support**



Session Preview

- Success stories
- Live Q & A
- Tiny Habit Recipes
- Resources for You
- Power of Celebration



Judy Oskam

Professor & Director School
of Journalism & Mass
Communication Texas State
University

Tiny Habits Certified Coach

Judy's 3 Tiny Habit Recipes

1

After I turn on my computer , **I will** check my school email.

2

After I wake up, **I will** say: I'm going to learn something new today!

3

After I finish breakfast, **I will** pack a healthy snack in my backpack.



Jennifer Lee

Assistant Director of Tiny
Habits Academy

Tiny Habits Certified Coach

Jennifer's 3 Tiny Habit Recipes

1

After I read a passage, **I will** summarize it out loud.

2

After my teacher passes out a test, **I will** say to myself, "I'm ready for this!"

3

After I get an assignment back, **I will** identify one thing I did well and one thing to improve.



Maria Hendershot

Family Life Coach
Home School Mentor

Tiny Habits Certified Coach

Maria's 3 Tiny Habit Recipes

1

After I greet my child, **I will** ask them to share one thing they learned during the day.

2

After I finish my lesson, **I will** put my book back in its place.

3

After I begin an assignment, **I will** put my phone on airplane mode.



Go to TinyHabitsAcademy.com:

- Find a coach
- Join the 5-Day Tiny Habits program
- Take a Tiny Habits Specialty Course
- Become a Tiny Habits Certified Coach